Activities

2 week Sprint

Mon Tue Wed Thu Fri Sat Sun Mon Tue Wed Thu Fri Sat Sun Mon Tue Wed Thu Fri Sat Sun

SLEEP

Self

Sprint Start

Others

From the Heart

From the Head

16 hours

40 hours

24 hours

Sprint End

workday

https://www.goodreads.com/en/book/show/43535.Wooden_on_Leadership

07:00 AM			SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH			
07:15 AM			BF	BF	BF	BF	BF	BF	BF	BF	BF	BF	BF	BF	BF	BF			
07:30 AM			DRES	DRES	DRES	DRES	DRES	DRES	DRES	DRES	DRES	DRES	DRES	DRES	DRES	DRES			
07:45 AM			FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT			
08:00 AM			CO	CO	DISHes	DISHes	CO	CO	CO	CO	CO	DISHes	DISHes	CO	CO	CO			
09:00 AM			IN	IN			IN	IN	IN	IN	IN			IN	IN	IN			
10:00 AM			SP	DS			DS	DS	DS	DS	DS			DS	DS	SR			
10:15 AM				IN			IN	IN	IN	IN	IN			PSR	IN				
10:45 AM														IN					
11:00 AM				EN	HOOVer	CSHEets	RF	EN	EN	EN	EN			EN	EN				
11:45 AM					BGROceries											EN			
12:15 PM			LU	LU	LU	LU	LU	LU	LU	LU	LU	LU	LU	LU	LU	LU			
12:45 PM			FR	FR	DISHes	DISHes	FR	FR	FR	FR	FR	DISHes	DISHes	FR	FR	FR			
01:15 PM			LO	LO			LO	LO	LO	LO	LO			LO	I/A	RS			
01:45 PM			COOP	COOP			COOP	COOP	COOP	COOP	COOP			COOP					
02:15 PM			SECO	SECO		LAUNdry	SECO	SECO	SECO	SECO	SECO			SECO	SECO	SECO			
02:45 PM			AL	AL			AL	AL	AL	AL	AL			AL	AL	AL			
03:15 PM			INI	INI			INI	INI	INI	INI	INI			INI	INI	INI			
03:45 PM			INT	INT			INT	INT	INT	INT	INT			INT	INT	INT			
04:15 PM			COND	COND		IRON	COND	COND	COND	COND	COND			COND	COND	COND			
04:45 PM			SK	SK			SK	SK	SK	SK	SK			SK	SK	SK			
05:15 PM			TESP	TESP			TESP	TESP	TESP	TESP	TESP			TESP	TESP	TESP			
05:45 PM			CO	CO			CO	CO	CO	CO	CO			CO	CO	CO			
06:15 PM			DINE	DINE	DINE	DINE	DINE	DINE	DINE	DINE	DINE	DINE	DINE	DINE	DINE	DINE			
06:45 PM			DISHes	DISHes	DISHes	DISHes	DISHes	DISHes	DISHes	DISHes	DISHes	DISHes	DISHes	DISHes	DISHes	DISHes			
07:15 PM			COFF	COFF	COFF	COFF	COFF	COFF	COFF	COFF	COFF	COFF	COFF	COFF	COFF	COFF			
07:45 PM			TRAIn	TRAIn	TRAIn	TRAIn	TRAIn	TRAIn	TRAIn	TRAIn	TRAIn	TRAIn	TRAIn	TRAIn	TRAIn	TRAIn			
08:15 PM			NEWS	NEWS	NEWS	NEWS	NEWS	NEWS	NEWS	NEWS	NEWS	NEWS	NEWS	NEWS	NEWS	NEWS			
08:45 PM			PARTner	PARTner	PARTner	PARTner	PARTner	PARTner	PARTner	PARTner	PARTner	PARTner	PARTner	PARTner	PARTner	PARTner			
09:30 PM			UDRE	UDRE	UDRE	UDRE	UDRE	UDRE	UDRE	UDRE	UDRE	UDRE	UDRE	UDRE	UDRE	UDRE			
09:45 PM			FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT			
10:15 PM									SLEEP										

SH	= Shower (15 mins)												
BF	= Breakfast (15 mins)												
DR	= Dress (15 mins)	TRAI	= Train (60 mins)										
FT	= Face Treatment (15 mins)	IN	= Industriousness	COOP	= Cooperation							TESP	= Team Spirit
LU	= Lunch (30 mins)	EN	= Enthusiasm	LO	= Loyalty			INT	= Intentness			SK	= Skill
DI	= Dinner (30 mins)	CO	= Commute (60 mins)	FR	= Friendship			INI	= Initiative			COND	= Condition
DS	= Daily Standup (15 mins)		= Sleep (480 mins)	PSR	= Prepare Sprint Review (15 mins)			AL	= Alertness			RS	= Retrospective (60 mins)
SP	= Sprint Planning (120 mins)	RF	= Refinement (60 mins)	SR	= Sprint Review (90 mins)			SECO	= Self-Control			I/A	= Infra/Arch Design (60 mins)